

## Good Fats

## Neutral

## Bad Fats

*Remember, no fats are inherently "good" or "bad" they are "Healthy" and "Unhealthy" fats. However, you may find this list useful to know when to reduce your consumption of less "Unhealthy" fats and more "Healthy" fats*

### Monounsaturated fats:

- Avocados
- Almonds, Pecans, Cashews and other nuts
- Olive Oil
- Sesame Oil
- Olives
- Nut Butter

### Polyunsaturated fats:

- Walnuts
- Flaxseed
- Pumpkin, and Sesame
- Fatty Fish like Salmon, Sardines and Mackerel

### Saturated fats:

- Butter
- Ice Cream
- Lard
- Chicken with the skin attached
- Cheese
- Coconut and Palm Oils
- Beef, Pork and Lamb (high-fat cuts)
- Whole Fat Dairy items

### Trans fats:

- Packaged and processed foods like Chips and Crackers
- Vegetable-Based Shortening
- Candy Bars and processed Chocolates
- Pastries, Muffins and Doughnuts
- Cakes
- Pizza Dough
- Microwave Popcorn
- Margarine (stick form)
- Fried Chicken, French Fries and other Fried Foods